

WHAT SHOULD I DO IF I TEST POSITIVE FOR COVID-19?

The following guidance has been adopted by IDPH for the general public, schools, and daycares. Healthcare personnel and other specific groups and settings should continue to follow their respective guidance.

I HAVE SYMPTOMS

VS.

I DON'T HAVE SYMPTOMS

WHAT ARE THE KEY DIFFERENCES?

- Isolate for 5 full days from the date you first experienced symptoms
- If after 5 days you are fever-free and diarrhea/vomiting free for 24 hours without the use of medication and your symptoms have improved, you can end isolation BUT continue to wear a mask around others for 5 additional days

- Isolate for 5 full days from the date your test was performed BUT continue to wear a mask around others for 5 additional days

At this time, you cannot test out of isolation. If you have tested positive, you should isolate from others even if you have received a negative test result on other tests.

WHAT TO DO:

- While isolating, wear a mask if others could have contact with you
- Tell your healthcare provider about your positive test result and follow any guidance provided
- Monitor your symptoms and call your healthcare provider if your symptoms get worse
- Do not travel during your 5-day isolation period and for an additional 5 days
- Do not go to places where you are unable to wear a mask and avoid eating around others at home and at work while isolating and for an additional 5 days after you end isolation
- Tell your close contacts they may have been exposed to COVID-19
 - A close contact is anyone you had contact with in the last 48 hours who was within 6 feet of you for a cumulative total of 15 minutes or more over a 24-hour period
 - Advise your close contacts to wear a mask for 10 days after they last had contact with you
 - Advise your close contacts to get tested 5 days after they last had contact with you
 - For further instructions for close contacts, please see our infographic '[What Should I do if I was Told I was a Close Contact to Someone with COVID-19?](#)'

Emergency Medical Care:

- Seek emergency medical care immediately if you have:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Pale, grey, or blue-colored skin, lips, or nail beds, depending on skin tone
 - This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you
- Call 911 or call ahead to your local emergency facility and notify the operator that you are seeking care for someone who has COVID-19